

Vol. 59, No. 45

Tyndall Air Force Base, Fla. *Gulf Defender*

Nov. 10, 2000



2nd Lt. Angela Rogers

Ensuring happy landings...

Senior Airman Kurt Dorshiner, left, and Senior Airman Tony Seymour, 1st Fighter Squadron dedicated crew chiefs, inspect the pressure gauge on the main landing gear strut of an F-15. For more about dedicated crew chiefs, see story on Page 9.

Airmen Against Drunk Driving begins service

Senior Airman David Hernandez

Tyndall Active Airman Association

A Tyndall program aimed at reducing the instances of alcohol-related driving incidents begins Saturday.

Tyndall's Active Airman Association, TAAA, is helping reduce the risk of being involved in an alcohol-related incident to Tyndall personnel by forming Airmen Against Drunk Driving. The plan is to help those without a "plan," and give an option to those who may have had a false perception about chain-of-command issues that prevented them from using the Wing Taxi Program. AADD is available to all military members.

AADD is an extra program for Tyndall that complements rather than competes with the existing safe-ride programs. This program is unique in that it is anonymous, and like other programs, it is free. Airmen in the grades of E-1 through E-4 man the program's central

number. TAAA's president, Senior Airman Darrell Gary, 325th Communications Squadron, explains, "we are eliminating excuses. Tyndall people need to realize the threat of driving drunk, and help eradicate fatal and costly mistakes." This leads to how the program will provide the free ride.

From the local area, all people need to do is call (850) 867-AADD (2233) and a driver plus an assistant will pick the person up and deliver them to their residence. There are some common sense range limitations for pick-ups and drop-offs, and those will be determined by the person who initially takes the call.

The program is run completely by volunteers, and currently additional volunteers are needed to both respond to calls in their privately owned vehicles, and for assistants to ride along with them. So people don't even need a car to help, they can be non-driving assistants.

●Turn to AADD Page 4

Clinton signs authorization act; pay, TRICARE affected

Jim Garamone

American Forces Press Service

WASHINGTON (AFP) — A 3.7 percent military pay raise, TRICARE changes, military modernization and lifetime medical benefits are just some of the aspects of the Floyd D. Spence National Defense Authorization Act for Fiscal Year 2001 that President Clinton signed into law Oct. 30.

The act gives the Department of Defense permission to spend an authorized overall budget of \$309.9 billion. The Fiscal 2001 appropriations act signed in August actually provided the money.

The authorization act set total military Fiscal 2001 end strength at 1,382,242. The Air Force's

end strength is 357,000; the Army's, 480,000; the Navy's, 372,642; and the Marines', 172,600.

The Selected Reserve end strength is 874,664, with the Air National Guard's set at 108,022 and the Air Force Reserve at 74,358. The Army National Guard's end strength is set at 350,526, the Army Reserve's 205,300 and the Naval Reserve's at 88,900. The Marine Corps Reserve will have 39,558 members and the Coast Guard Reserve, 8,000.

End strength is down 3,190 from Fiscal 2000 for the active force and up by 4,366 for the Selected Reserve.

In addition to the 3.7 percent across-the-board pay raise that goes into effect Jan. 1, service members in pay grades E-5 to E-7 will receive a targeted, one-time monthly raise of

\$32 to \$59 starting July 1.

Congress has added funds to the basic allowance for housing to reduce out-of-pocket expenses service members must pay if they live off base. Currently, service members living off base pay an average of 19 percent of their

housing costs out-of-pocket. The money will bring that average to 15 percent in Fiscal 2001. The legislation authorizes the defense secretary to raise BAH rates to eliminate out-of-

●Turn to MONEY Page 4



COUNTDOWN TO THE ORI...

45 DUTY DAYS

Eligible uniformed services retirees, spouses, survivors to get expanded health-care benefits

WASHINGTON (AFPN)—Medicare-eligible uniformed services retirees, their spouses and survivors who are age 65 and over will be entitled to expanded health-care benefits under legislation signed by President Clinton Oct. 30.

According to the Department of Defense, this population represents approximately 1.4 million people. The new benefits include coverage under TRICARE, the military's health-care program and pharmacy coverage.

April 1, 2000 is the start date for eligible beneficiaries to receive pharmacy benefits to include access to military treatment facility pharmacies, the National Mail Order Pharmacy program and retail pharmacies. Beneficiaries who currently are age 65 or older or who will be 65 before April 1, 2001 will be eligible to use the pharmacy benefit

without being enrolled in Medicare Part B. Those who turn 65 on or after April 1, 2001 will need to be enrolled in Medicare Part B in order to use the pharmacy benefit.

Effective Oct. 1, 2001, under the new law, eligible beneficiaries who continue to receive medical care from their current Medicare providers will have TRICARE as their second payer. TRICARE will pay their out-of-pocket costs for services covered under Medicare. In addition, they will have access to TRICARE benefits, which may not be covered under Medicare. To participate in the health program, beneficiaries must be eligible for Medicare Part A and enrolled in Medicare Part B.

"We are pleased to have the legislative authority to provide our Medicare-eligible beneficiaries health-care ben-

efits similar to those other military beneficiaries receive," said J. Jarrett Clinton, Acting Assistant Secretary of Defense for Health Affairs. "We have begun to work out the many details for each new authority and will continue to update our web site as we progress. This new authority gives us the ability to keep the faith with America's military."

According to TRICARE Management Activity officials, who will administer the new benefit, eligible seniors should not immediately cancel their current "Medigap" insurance coverage. The DOD is working with the Health Care Financing Administration (the organization that administers the Medicare benefit) to provide the most accurate information on the appropriateness of continued enrollment in "Medigap" insurance policies.

TRICARE Management Activity officials said eligible beneficiaries should do two things now to ensure their future eligibility for TRICARE benefits.

First, they should update their Defense Enrollment Eligibility Reporting System record with their correct address and any changes in family status such as marriage, divorce, birth or adoption. Home addresses are important because the address on file with DEERS is used to send out information on health benefits. In addition, health benefits could be denied if DEERS is not updated to reflect a new spouse or child. Retirees may update DEERS by:

- Going to the nearest military personnel office.
- E-mailing changes to addrinfo@osd.pentagon.mil.
- Mailing changes to the DEERS Sup-

port Office, ATTN: COA, 400 Gigling Road, Seaside, CA 93955-6771.

- Calling the toll-free numbers for the DEERS Support Office, (800) 538-9552.

Second, eligible beneficiaries should enroll in Medicare Part B if they haven't already. If they are not sure if they are enrolled, they can check the back of their Social Security card for this information. To enroll, beneficiaries must submit an application for Medicare Part B directly to the Social Security Administration. The General Enrollment Period for enrollment in Medicare Part B is held Jan. 1 through March 31 of each year, and Part B coverage starts on July 1 of that year.

For details on enrollment in Part B, beneficiaries may call the SSA toll-free number, (800) 772-1213, or visit any Social Security office.

Authorization paves way for military participation in TSP

Jim Garamone
American Forces Press Service

WASHINGTON (AFPN)—Military members will be able to create their own retirement nest egg by using the Federal Employees Thrift Savings Plan beginning next year, Department of Defense officials said.

A portion of the Floyd D. Spence National Defense Authorization Act for Fiscal 2001 that President Clinton signed Oct. 30 allows service members to participate in the civilian retirement plan, said Navy Capt. Elliott Bloxom, DOD director of military compensation.

The Thrift Savings Plan offers federal civilian employees the same type of savings and tax benefits that many private corporations offer their employees

under so-called "401(k)" plans. Money invested in the TSP comes from pre-tax dollars and reduces taxable income; investments and earnings are not taxed until they are withdrawn.

The authorization act would allow active-duty and Ready Reserve service members to invest up to 5 percent of their basic pay in the plan and all of any special and incentive pays they may receive — including bonuses — up to a total \$10,500 annual limit.

Civilians in the current Federal Employees Retirement System receive matching government funds in the TSP program. The investment benefit for the bulk of the military force, however, will resemble that of workers in the old Civil Service Retirement System. Those employees also have a 5 percent ceiling and receive no matching funds.

Service members may be eligible for matching funds in limited instances. Under the Special Retention Incentive portion of the legislation, members in certain critical specialties may receive matching funds based on their contributions from basic pay. In return, the member would have to agree to spend at least six years in the specialty.

Bloxom said the services may offer TSP matches instead of a selective re-enlistment bonus, but nothing says service members can't receive both.

The legislation calls for the plan to be implemented within 360 days of the signing of the legislation.

"Accommodating the DOD will double the number of individuals who are eligible to participate in the TSP. Right now, we envision that members will be able to enroll in the TSP beginning in October 2001. That will mark the start of a special 60-day open

season."

Participation is optional and not automatic. Service members who want to sign up or change their investment levels generally would do so during designated "open seasons" — the same as civilian employees.

"Actual cash contributions would not start until after that open season," Bloxom said. He estimated service members would actually begin investing by January 2002.

For more information on how the program works for civilian employees, visit the TSP web site at www.tsp.gov. The site includes a range of forms and publications, news releases, frequently asked questions and investment calculators, and it offers online account access. Information on TSP for the uniformed services should also be available at the site soon.



Recycling is more than collecting used materials

With everyone doing their part, we can boost recycling efforts and change the world

Olga Purpura-Clark
Air Education and Training Command public affairs

RANDOLPH AIR FORCE BASE, Texas (AETCNS) — More than three million people will commemorate America Recycles Day Nov. 15 with events across the country highlighting the importance of recycling, according to event organizers.

The 2000 theme, “For our children’s future, buy recycled today,” underscores the human and environmental value of recycling and purchasing recycled content

products.

“The theme emphasizes recycling is one action that enables each of us to make a contribution,” said Fran McPoland, Federal Environmental Executive and ARD co-chair. “Buying recycled content products is an easy opportunity that can lead our country and children into a new and ‘greener’ millennium,” he said.

While the first America Recycles Day was celebrated Nov. 15, 1997, history shows that as early as the 1900s, conservation was already in the minds of people. On Dec. 3, 1907, former President Theodore Roosevelt told Congress: “To waste, to destroy, our natural resources, to

skin and exhaust the land instead of using it so as to increase its usefulness, will result in undermining in the days of our children the very prosperity which we ought by right to hand down to them amplified and developed.”

Thirty-four years later, recycling played a more important role during World War II. According to history journals, nothing was wasted. From rationing food and gas to salvaging waste material such as rubber, paper, old rags and scrap metal, Americans united to support the war effort. Everything that was salvageable went to produce supplies and equipment for the military.

Today, the emphasis is on protecting the environment through conservation and pollution prevention programs. These programs continue to play a vital role in the Department of Defense. “Recycling and conserving resources support our defense mission now, just

as they did during World War II,” said Bruce DeGrazia, Assistant Deputy to the Under Secretary of Defense for Environmental Quality, at a speech during a DOD recycling workshop. “Recycling is important to our environmental and economic security,” he said.

DOD statistics show recycling works. “The DOD increased recycling from just under 500,000 tons in 1992 to over one million tons in 1999 — more than a 100 percent increase,” DeGrazia said.

According to statistics, the Air Force’s share of recycling during the same period of time increased from 200,000 tons to more than 400,000 tons. At the same time, trash disposal decreased from nearly one million tons to less than 500,000 tons, while hazardous waste disposal decreased from 61,000 tons to 15,000 tons.

Just as important as collecting recyclables, the DOD recognizes the importance of purchasing recycled-

content products. Military installations use a buy-recycled purchasing program, known as the Affirmative Procurement program, whenever feasible. The intent is to encourage recycling to help create and stabilize markets for re-manufacturing new products from recycled materials.

Products made from recycled materials minimize natural resource use, reduce solid waste disposal and use less energy. This preferable method also reduces toxicity, prevents air and water pollution and reduces negative effects like global warming and ozone depletion.

Celebrate America Recycles Day by doing your part. When you finish reading this paper, drop it in a recycling bin. But don’t stop there, make your next purchase a recycled-content product. When you do this, you’ve completed the “cycle” in recycling.

Tyndall Pride

Nail polish must be conservative, a single color, and in good taste. Fingernails will not contain any ornamentation. — AFI 36-2903.

●AADD from Page 1

Those requesting rides will be given a ride by a team of volunteers of the same gender and this means the program needs a large pool of both male and female volunteers. To sign up to help with the program, call Senior Airman David Hernandez, 283-3166.

All AADD volunteers are given training that includes information on identifying threats to themselves and their partners. The volunteers will then be able to make decisions at the scene of the pick-up to protect their

welfare.

About sixty percent of Americans will be involved in a crash related to alcohol at some time in their lives. That is three out of every five, according to projections from the National Highway Traffic Safety Board... a sobering thought. The AADD program is hoping to reduce those statistics for the Tyndall community. Don’t gamble with the lives of yourself and others, call AADD at 867-2233 or call your supervisor, first sergeant or the wing taxi program for a safe ride home.

●MONEY from Page 1

pocket expenses by Fiscal 2005.

The act extends the military housing privatization program. The program allows commercial firms to build and run military family housing areas.

Another pay action calls for active and reserve military personnel to be able to use the Thrift Savings Plan. The plan, long a part of the Federal Employees Retirement System, would allow military personnel to invest a percentage of their pre-tax pay toward retirement. Taxes on participants’ investments and earnings are deferred while in the plan. Details remain to be worked out, but the act calls for the system to be up and running 360 days after the president signs the legislation.

The budget changes the TRICARE military medical system in several ways. For active-duty personnel, TRICARE Prime Remote now covers family members as well as active-duty personnel. The act also eliminates co-payments for family members of active-duty personnel enrolled in TRICARE Prime. It also allows travel reimbursements to those who must go more than 100 miles to see a TRICARE health-care provider.

“This is good news for people at Tyndall,” said Col. Michael J. Murphy, 325th Medical Group commander. “We anticipate that some time in the future the co-payment for medical care received from TRICARE Prime network providers will be eliminated,” he said. “For example, right now if you are an E-5 or higher family member referred downtown there is a \$12 co-payment. After this has been initiated, that co-payment will go away completely. It is also important to note that co-payments are going away for family members of all ranks of personnel.

“In regards to the travel reimbursements, this is definitely a good thing,” Murphy said. “Now if we need to refer a patient far away, they will be reimbursed for that travel. We don’t send a large number of patients out of the local area, but it will help those who do have to travel – especially those patients who have to stay overnight.”

The travel reimbursement benefit goes above and beyond what most health-care insurance plans offer, according to Murphy. “This is an outstanding quality-of-life enhancement,” he said. “Most commercial insurance plans don’t provide this type of benefit.”

The biggest TRICARE change,

however, covers Medicare-eligible retirees. “This act provides excellent expanded benefits for retirees and their families,” Murphy said. “It offers TRICARE for life and four different ways to obtain pharmacy benefits. This represents the culmination of many years of work by advocacy groups for military retirees, and demonstrates the Department of Defense’s commitment to take care of those who served before us,” he said. “These changes recognize in another way the contributions and sacrifices of our veterans and their family members.”

The act restructures TRICARE to allow Medicare-eligible military retirees and their family members to continue their coverage beginning in Fiscal 2002. Under the plan, Medicare-eligible beneficiaries would pay no co-pays, deductibles or TRICARE enrollment fees or premiums. Retirees can receive care under Medicare; also, any medical expense not covered by Medicare will be paid by TRICARE.

The act also expands the mail-order pharmacy service to cover all beneficiaries, including Medicare-eligible retirees.

The act authorizes \$63.2 billion in procurement. The account, also called modernization, hits the \$60 billion number Defense Secretary William S. Cohen called for in 1997.

Big-ticket items in procurement include 16 MV-22 Osprey tilt-rotor aircraft, 12 C-17 strategic airlifters and 10 F-22 Raptor stealth aircraft. The act also funds \$4 billion for a Nimitz-class carrier, \$2.7 billion for three Arleigh Burke-class destroyers, \$1.2 billion for a Virginia-class attack submarine and \$1.5 billion for two San Antonio-class amphibious ships.

The act funds Army transformation efforts to the tune of \$1.3 billion in Fiscal 2001. These efforts will result in a more mobile and more lethal force able to cover the range of operations the Army may face in the future. The act calls on the Army secretary to report to the Senate and House armed services committees with a “road map” charting the progress of the Army through 2012. The act authorizes the Army to procure medium-weight armored vehicles to test them against the transformation concept.

The act provides \$2.1 billion for the National Missile Defense program and \$2.7 billion for Theater Missile Defense. TMD breaks down to \$550 million for the Theater High-

Altitude Missile Defense program, \$462.7 million for the Navy Theater-Wide program, \$274.2 million for the Navy Area Defense program, and \$365.5 million to procure additional Patriot-3 missiles.

The Joint Strike Fighter is the next generation ground attack aircraft. The mammoth program will provide single-engine attack aircraft to the Air Force, Navy and Marine Corps. Congress is concerned the services are rushing the program. The total authorization for JSF in Fiscal 2001 is \$688.6 million. In the act, Congress called on the defense secretary to report on the criteria before the JSF enters the engineering, manufacturing and development phase of the procurement. The DOD cannot enter this phase until the defense secretary certifies the key technologies in the craft are “sufficiently mature.”

Other procurement actions include:

- \$244.2 million for Joint Direct Attack Munitions. These precision-guided weapons proved their worth over Yugoslavia and are the focus of NATO’s Defense Capabilities Initiative.
- \$109.2 million for Global Hawk unmanned aerial vehicles, the “UAV of the future.” The act also provides \$32.1 million to upgrade the current Predator UAV.
- \$149.8 million for two F-15E Eagle all-weather air-to-surface aircraft.
- \$46 million for a 16th E-8C Joint Surveillance and Target Attack Radar System aircraft.
- \$614 million for the Army Comanche helicopter engineering, manufacturing and development program phases. There are two prototypes. Initial operating capability is set for Fiscal 2006.
- \$206 million for 18 Black Hawk helicopters for the Army National Guard — 16 regular and two air ambulances.
- \$39.9 billion for Fiscal 2001 research and development, including \$85 million for the Air Force Airborne Laser program, \$24.4 million for chemical and biological protection research and development, \$30 million for high-energy laser research, \$274 million for research and development of the Navy’s 21st century aircraft carrier, and \$539.8 million for research and development of the Navy’s future Zumwalt-class destroyers.
- \$109.7 billion in operations and maintenance funds.

Viewpoint

Gulf Defender Editorial Staff

Brig. Gen. William F. Hodgkins
325th FW commander

Capt. John Dorrian
325th FW public affairs officer

Master Sgt. Rob Fuller
superintendent

Tech. Sgt. Sean E. Cobb
editor

Teresa Nooney
News Herald staffer

2nd Lt. Chuck Lee
staff reporter

e-mail
editor@tyndall.af.mil

The *Gulf Defender* is published by the *Panama City News Herald*, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Tyndall Air Force Base, Fla. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the *Gulf Defender* are not necessarily the official views of, or endorsed by, the U.S. government, Department of Defense or Department of the Air Force.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the DOD, the Department of the Air Force or the *Panama City News Herald* of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the public affairs office at Tyndall. All photographs are U.S. Air Force photos unless otherwise noted.

The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129, or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.

Safety stats

Category	'00	'99	Trend
On duty	1	0	+1
Off duty	7	6	+1
Traffic	3	1	+2
Sports	3	5	-2
Fatalities	1	0	+1
DUIs	13	7	+6

Commander's Corner:



Brig. Gen. William F. Hodgkins
325th Fighter Wing commander

This weekend our Veterans Day celebrations honor men and women across our country and throughout history who molded our nation and our military into the mighty force it is today. There are few other national holidays we in uniform can hold as near to our hearts as this one.

Veterans Day originates from "Armistice Day" which was started in 1921 when an unknown World War I American soldier was buried in Arlington National Cemetery in Washington, D.C. The selection of Nov. 11 for our observance signifies the end of World War I fighting at 11 a.m., Nov. 11, 1918 — the 11th hour of the 11th day of the 11th month.

In order to pay tribute to those who had served in all wars, President Eisenhower signed a bill in 1954 proclaiming Nov. 11 as Veterans Day.

With that historical perspective, I encourage everyone to take time this weekend and think of the sacrifices our veterans made. Many men and women who served during the two World Wars, Korea, Vietnam and the Persian Gulf live in the Panama City area. So visit an elderly veteran in one of our local health-care facilities,



Brig. Gen. Hodgkins

wave a flag in the local parade, whatever the occasion — remember our veterans and show them you care.

Enjoying the holiday weekend is important, enjoying it responsibly is a very serious issue. Our wing has some of the most innovative people in the Air Force, and the Tyndall Active Airman Association launches a new program this weekend to help ensure people arrive home safely — Airmen Against Drunk Driving.

I encourage everyone to read the article on Page 1 and spread the word in your duty sections. The program is anonymous, free — and best of all it's Team Tyndall taking care of each other.

Alcohol-related traffic accident statistics are frightening in our nation, and I want us to do everything within our power at Tyndall to avoid contributing to the numbers. Besides the obvious dangers associated with drinking and driving, it can be expensive and detrimental to a person's career plans.

If you choose to drink, do so responsibly. Have a designated driver, but if you find yourself needing a ride, call AADD at 867-AADD (2233), use the wing taxicab program, call your supervisor or first sergeant. Bottom-line — think before you drink.

Have a great Air Force week!

AF leaders say 'Thank you'

F. Whitten Peters
Secretary of the Air Force
General Michael E. Ryan
Air Force chief of staff

For over half a century we have paused to remember the sacrifices of military members and their families on Veterans Day. Born from "Armistice Day," the end of the "war to end all wars" — World War I — Veterans Day is a remembrance of the millions of men and women who have unselfishly served our country.

From battling against the aggression of the Iraqi regime, fighting for the lives of Kosovar Albanians, or rescuing the victims of national disasters at home and abroad — when our nation called — individual servicemen and women met and exceeded all challenges.

Today we recognize the special sacrifices of our military men and women. They and the civilian members of our total force provide to this great nation the security and liberty we all enjoy. Thank you for your service to America.

Action Line



Lisa Carroll

Senior Airman Heath Marlin, 1st Fighter Squadron weapons load crew member, receives the 325th Operations Group Airman of the Quarter award from Col. Charles K. Shugg, 325th Operations Group commander.

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first

sergeants or facility managers. If you're not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For **fraud, waste and abuse** calls, you should talk to the office of inspections, 283-4646. Calls concerning **energy abuse** should be referred to the energy hot line, 283-3995.

Brig. Gen. William F. Hodgkins
325th Fighter Wing commander

AETC gets family day

Gen. Hal M. Hornburg
Air Education and Training Command commander

The year 2000 has been extremely successful in Air Education and Training Command, and I am proud of your tremendous accomplishments and sacrifices. Accordingly, I am declaring Nov. 24 an AETC Thanksgiving Family Day. The guidelines in Air Force Instruction 36-3003, *Military Leave Program*, should be followed regarding passes and chargeable leave.

The Thanksgiving holiday weekend will be a four-day regular pass period. For military members required to perform duty on these days, commanders are encouraged to grant compensatory time off during the first week following the holiday weekend, mission requirements permitting.

A regular pass starts and ends in the local area and there are no mileage restrictions when a

member is in pass status. Leave also must start and end in the local area. Local area is defined as the place where the member lives and from which they commute to their duty station.

Under current rules for Department of Defense civilians, commanders can encourage liberal leave, use of previously-earned compensatory time or use of already approved time-off awards. Group time-off awards specifically for the purpose of giving the day off are prohibited by AFI 36-1004, *Managing the Civilian Recognition Program*.

Please keep safety foremost in your thoughts during your holiday activities, as this time of year is the most hazardous period for driving safety. As the seasons change, we find ourselves facing shorter daylight hours and changing weather and road conditions. Use common sense, drive defensively and wear your safety belts.

Have a safe and enjoyable Thanksgiving.

Tyndall celebrates Native American Heritage Month

Staff Sgt. Jason L. Swearingin
Native American Heritage Month project officer

Why celebrate Native American Heritage this November? Our Tyndall base theme says it all: “Native Americans; Sharing a Rich Culture.” Native Americans possess a culture rich in the warrior spirit but also in the ways of peace. Our core Air Force values are reflected in their long history of holding to honor with integrity and with demonstrated service to the people; service before self and excellence in all we do.

Despite their tumultuous history in their interaction with ‘whites’, Native Americans have demonstrated resolute patriotism as far back as the War of 1812 and up to the present day.

During the twentieth century, Native American military veterans have a noble record of service. The valor and dedication of Native Americans

are visible in the decorations received in battle: 71 Air Medals, 51 Silver Stars, 47 Bronze Stars and 34 Distinguished Flying Crosses.

The native warrior spirit is still reflected in today’s military with such things as the top enlisted rank of ‘Chief’ Master Sergeant.

Native Americans’ desire for peace goes as far back as the first landing of explorers in North America. Jamestown would have perished early if not for the Native Americans’ extended hand. It is only later that we see misunderstanding lead to recrimination and war. Oftentimes, Native Americans moved ahead of white expansion to keep the peace or worked to coexist peacefully. Our inspiration for the type of self-government we have today can be found in the Iroquois’ Confederacy, which was established to keep the peace among the Seven Council Fires also known as the seven-member Indian Nations. Eventually, Native Americans fought to just keep what they had, or lost much

of their culture’s identity by assimilating to cultural change.

What remains today for us to celebrate? The contributions of Native Americans’ unique worldview and way of life continue to influence us as a nation and attract many who work to remember and preserve cultural traditions. We celebrate these priceless gifts and those who carry them into the future.

Come out and support Native American Heritage Month by attending the North Bay Clan of the Lower Creek Muscogee Tribe’s Pow Wow at the Indian village north of Deerpoint Dam Nov. 9-12 or come visit the base community activities center noon-5 p.m. Nov. 17. Tyndall’s celebration will have many distinguished native guests with traditional dancing, singing, music, crafts and storytelling. For additional information, contact Staff Sgt. Jason L. Swearingin at 283-4469, 871-3237 or Military Equal Opportunity, 283-2739. Bring the kids along and enjoy yourselves.



Courtesy photo

Members of the local Native American community dance at Tyndall’s Community Activities Center during the Native American Heritage Month celebration last year.

I put my uniform on this morning, didn’t I?

Chief Master Sgt. Vincent D. Dicks
91st Space Wing
command chief master sergeant

A chief master sergeant was sitting at his desk just down the hall from the operations group commander’s office at Pope AFB, N.C. As the chief finished his second cup of coffee after reviewing the last of the morning messages, the commander stepped into his office. “Chief,” the colonel said, “I

hate to ask you this, but you need to be in the desert six days from now for a 90-day rotation. Can you go?”

With no emotion in his voice and without even looking up, the chief replied, “I put on my uniform this morning, didn’t I?” The colonel was a little taken back by the chief’s response because he wasn’t one to talk in riddles. The colonel thought to himself, “Has this veteran of 28 years finally gone off the deep end on me?” The wise old protector of the enlisted corps smiled

and began to explain. “Sir, I made a promise to myself more than 20 years ago that I would only put this uniform on as long as I’m available and ready to do the duty it requires of me.”

While this story may be obvious to many Air Force members, it seems to completely escape others. Available for duty means more than negotiating premium assignments and temporary duty assignments, or scheming to get a suite versus a regular billeting room, and how much time off you can muster

out of those tours. Available for duty really means we are ready to go any place in the world we are required at any time.

Recently, I’ve seen some Air Force members spending more time and energy getting out of an assignment or duty than it would have taken to just suck it up and do it. Thinking back on patriots that have come before, I reviewed some history with our wing historian and we talked about the soldiers who were at Valley Forge, Pa. and Omaha Beach. I’m glad they weren’t worried about assignments, billeting rooms versus suites and time off.

Many of those warriors sacrificed a great deal; some gave the ultimate sacrifice to obtain and ensure the freedoms we often take for granted today.

Their approach may have seemed overly simplistic; however, when it comes to defining service to our country, the answer is just that simple. Those patriots were available for duty and they did their jobs well. In today’s world of what can you do for me, it’s easy to lose sight of what service before self is all about. Service goes far beyond the individual, it affects the well-being of our nation. Sitting in Minot AFB N.D., enjoying our great American way of life, it’s easy to forget the sacrifices we have agreed to endure in the service of our country.

When deployed to the desert, Italy, Kosovo or Bosnia, the sacrifices become much clearer. The bottom line is we are an all-volunteer force serving a great nation. During the Air Force Space Command’s Expeditionary Air Force Road Show, I was reminded by

Headquarters Air Force Space Command mission support team chief Col. Cynthia Deese’s briefing that our forces have been reduced by two-thirds in recent years. Even with these reductions, we still maintain a highly mobilized, continually tasked Air Force. Because of this fact, the EAF was formed.

As I visit organizations in both wings, they are constantly wrestling with manning authorizations, present for duty rates and filling deployment and ready augmentee requests to meet the mission at home and around the world. If a single member doesn’t pull his or her weight, another member is forced to fill the slot, causing a ripple effect felt not only at our base, but throughout our Air Force. These slots must be filled by people available and ready for duty.

Everyone’s families would like for them to be home for holidays, birthday parties and anniversaries. I can’t think of anyone who would intentionally miss those events. Many of us are well aware of the pain felt when we lose a loved one and the grief that’s compounded by the fact we weren’t there in the final moments.

Military members are asked to sacrifice all of this continuously. We must remember we are serving our country as volunteers — not forced to do it. I believe each of us as true professionals needs to take a good look in the mirror and ask “am I available for duty?” Everyone must decide for himself or herself, just as the chief did. I too put on my uniform today and I am available for duty.

How about you?

Team Tyndall member leaves artistic legacy

Sharon PaulineWestman, 59, passed away Oct. 16 in a local hospital after a short battle with cancer. Born in Winnipeg, Manitoba, she had been a resident of Callaway for the past two years.

Westman was a pharmacy graduate of the University of Manitoba. She became the first itinerant pharmacist serving isolated communities in Manitoba and Northwestern Ontario.

As a civilian pharmacist employed by the Canadian Air Force in Portage La Prairie, Manitoba, she met her husband, Canadian Brig.Gen. J.D. Hunter, currently the Continental United States North American Aerospace Defense Command Region deputy commander. They were married Dec. 17, 1982 in Winnipeg, Manitoba. As a military family they lived in Ottawa; Alabama; Edmonton, Alberta; England; Prague, Czech Republic; Winnipeg, Manitoba; Moose Jaw, Saskatchewan and Florida. They traveled throughout Europe, Thailand, Turkey, Egypt and her favorite — Hawaii.

Active in Bay County’s Canadian community, Westman’s wide circle of friends regarded her as a wise and generous woman. Her philanthropic interests included the Salvation Army. Known for her creativity, grace and elegance, she took pride in entertaining in the many homes she had decorated around the world. Her many talents and hobbies included sewing, embroidery, crocheting and knitting. She was also an accomplished potter and watercolor artist.

She is survived by her husband, Canadian Brig. Gen. J.D. Hunter, sister Tanis Bannister and brothers Dale and Joel.

Donations in lieu of flowers may be given to the Salvation Army in Westman’s memory to: Salvation Army, 700 Jenks Avenue, Panama City, FL 32401.

Features

When toxic agents surround you and your life is on the line, it's vital to... Properly don the MCU-2A/P Protective Mask

Airman 1st Class Jimillis James, 325th Services Squadron dietary food services specialist, demonstrates the proper mask-donning procedures. Step one, stop breathing. Step two, close eyes tightly. Step three, remove headgear. Step four, remove mask from carrier.



Photos by Master Sgt. Rob Fuller

Master Sgt. Rob Fuller
*325th Fighter Wing
public affairs*

Because of the short time it takes for toxic agents to affect a person, it is important to become an expert at donning the MCU-2A/P Protective Mask and get an airtight seal. When faced with a suspected contamination, every step

in donning the mask is critical and must be done quickly and correctly. Your life just may depend on it.

The following pictures depict the nine steps it takes to don your mask without the hood. People are required to be able to don the mask within nine seconds in the hoodless configuration. The following procedures assume the mask has already been fitted properly.



Step five, hold outlet valve assembly in palm of one hand. Using free hand, push forehead hair aside. Place mask on face, forcing the chin cup very tightly against the chin. Pull head harness over head using the quick-don tab.



Step six, grasp a neck strap in each hand and tighten with small jerking motions. The neck straps should be the only straps that need to be adjusted. Temple and forehead straps are adjusted when the mask is fitted and the straps are left in position.



Step seven, forcefully expel air held in lungs to purge the mask. Step eight, press palm of one hand over the canister opening. Inhale to determine whether an airtight seal of the mask has been obtained. Step nine, open eyes and resume normal breathing.

Eagle tenders: Dedicated crew chiefs keep the F-15s flying

2nd Lt. Chuck Lee
*325th Fighter Wing
public affairs*

When watching a blockbuster action movie, one can be impressed by the special effects and entertained by favorite movie star heroes. Using movie magic, it's easy to get swept away by the final product, the film, without paying any thought to what went on behind the scenes — hard working individuals who work on a tight schedule and under stressful conditions to make the spectacular effects and action possible. Without these dedicated people, the film would never get made.

At Tyndall, one can witness the impressive maneuvers of the F-15 Eagle and the pilots who fly them. However, it takes more than planes and pilots to accomplish Tyndall's mission of training the world's best air superiority team for the Air Force. There is a special group of people, working behind the scenes, that helps to make sure Team Tyndall's mission gets accomplished — the dedicated crew chiefs. Just like the crew that works the magic behind the scenes on the movie set, the dedicated crew chiefs are there to make it all happen.

Many people may not know what the dedicated crew chief does. They are responsible for all maintenance aspects of the airplane, according to Senior Airman Tony Seymour, 1st Fighter Squadron dedicated crew chief. "Our job is to have overall control of what's going on with the airplane," Seymour said, "Our first priority is to concentrate on our individual airplane and make sure that it's flying well and it's well maintained."

Dedicated crew chiefs are involved in every aspect of the airplane's time spent on the ground. "We inspect the jet before it takes off to be sure it's ready to fly," said Senior Airman Erik Herman, 2nd Fighter Squadron dedicated crew chief. "We also do a post-

flight inspection that covers basically everything on the jet."

Occasionally an F-15 has problems that go beyond the routine maintenance and inspections. "Sometimes, we'll need to pull an engine and put a new one in, or change parts," Seymour said.

But it's not just about maintenance. Herman remarks, "Some of us take a bucket of water and soap and we keep the jet clean. It's like taking care of your car. It's a sense of pride thing."

Pride in a job well done is one of the many things dedicated crew chiefs enjoy about their job. "I don't know if you can picture taking an engine out of an airplane, putting it back in and watch it go 300 knots down the flightline and have the airplane pull straight up," Seymour said. "You sit there watching the pilot do that and everything goes fine — you just know that the job's done right."

Master Sgt. Mike Exley, 95th Fighter Squadron section chief, explains that having the crew chief's name painted on the side of the plane is an example of the sense of ownership and responsibility the crew chief has for the aircraft they maintain. "It gives the supervisors and higher-ups a focal point, good or bad," Exley said.

Being a crew chief has its difficulties, however. "We do a lot of hard work. There are a lot of long days. It can be in the heat or long nights on a swing shift. It's dirty and greasy. Our uniforms don't always look as good as those around the rest of the base. It's a big challenge," Herman said.

Taking on the challenge, dedicated crew chiefs are aware of their importance to Tyndall's training mission. "On your enlisted performance report, it says that you are directly responsible for a \$30 million aircraft," Exley said. "There is a patch that says, 'If it flies, burns, turns and rolls, crew chiefs made it happen.' And crew chiefs at Tyndall will continue to make it happen."



Photos by 2nd Lt. Angela Rogers



Senior Airman Erick Herman, 2nd Fighter Squadron dedicated crew chief, performs a hydraulic fluid leak inspection on the speed brake of an F-15.



Top right: Senior Airman Erick Herman, left, and Senior Airman Clinton Davzat, 2nd Fighter Squadron dedicated crew chiefs, inspect the engine bay of an F-15 for fluid leaks, cracks and missing rivets. **Bottom right:** Senior Airman Tony Seymour, 1st Fighter Squadron dedicated crew chief, checks the tail and looks for small cracks along the surface of the tail.

AF announces Thrift Savings Plan open season

Civilian employees offered opportunity to contribute to their federal savings plan

RANDOLPH AIR FORCE BASE, Texas (AFPN) — The next open season for the Thrift Savings Plan runs Nov. 15 through Jan. 31. During this time, eligible employees can elect to contribute to the TSP or make changes to their current contributions.

The TSP is a voluntary retirement savings and investment plan for federal civilian employees. Two of the main features of the TSP are before-tax savings and tax-deferred earnings.

“This means the contributions you make to the TSP come out of your pay before taxes and the earnings made on your TSP account are not taxed until you receive the money,” said Christine Watkins, employee relations specialist for the Benefits and Entitlements Service Team. “Other features of the plan include a choice of investment options, interfund transfers, loans from your own contributions and earnings, in-service withdrawals and portable benefits if you leave federal service.”

Watkins explained contribution limits set by the Federal Retirement Thrift Investment Board are based upon an employee’s retirement system.

“Employees covered by the Federal Employees’ Retirement System can contribute up to 10 percent of their basic pay each pay period, and the government will provide matching funds up to 4 percent,” Watkins said. “In addition, the government will contribute an automatic 1 percent of the employees’ basic pay to their account each pay period whether they contribute or not. This brings the maximum government contribution to 5 percent.

“Employees covered by the Civil Service Retirement System can contribute up to 5 percent of their basic pay each pay period, but do not receive any agency contributions,” Watkins said. “However, they do benefit from the tax savings and the tax-deferred earnings.”

All TSP participants can choose to invest any portion of their TSP account in one or more

of the three TSP funds: the Government Securities Investment (G) Fund, the Common Stock Index Investment (C) Fund, and the Fixed Income Index Investment (F) Fund. The S-Small Capitalization Index Fund and the I-International Stock Index Fund will not be available until May.

Information on these funds can be found in the summary of the Thrift Savings Plan for Federal Employees booklet which employees can obtain, as well as other TSP information, by accessing the TSP’s home page at www.tsp.gov or the Benefits and Entitlements Service Team home page at www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm.

Employees serviced by the Air Force Personnel Center may make their TSP elections or changes through the BEST-automated phone system at (800) 997-2378 or by accessing the BEST web site above. Employees needing assistance can speak with a BEST counselor by calling the automated phone system, pressing 3 for TSP and then 0. Counselors are available 7 a.m.-7 p.m. Monday-Friday.

Hearing-impaired employees can reach a benefits counselor by calling (800) 382-0893.

Tyndall announces FEHB open season, health-care fair

Courtesy of the 325th Mission Support Squadron civilian personnel office

An open season for Federal Employee Health Benefits changes and enrollments will be Nov. 13-Dec. 11. If you wish to enroll or change coverage, you must contact the Benefits and Entitlements Service Team at the Air Force Personnel Center, (800) 997-2378, during this time period.

To access the Employee Benefits Information System the internet address is: www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm. You will need to create a user identification and password. The user identification will default to your Social Security Number unless you enter a different user identification. The system will require you to enter a valid e-mail address either at home or work.

To get started, click on EBIS.

This will take you to the EBIS web transactions area, where you will conduct your benefits transactions. You will then click on the menu item that correlates to the benefits transaction you are trying to complete. You will need to input your SSN and personal identification number to access your records. Your PIN is the same for the telephone and web-automated system.

An alternative to using the BEST web pages to complete benefits transactions is to use the BEST automated system. It is available seven days a week. If using the telephone system, you will dial (800) 997-2378. If you are hearing impaired, you can access a counselor by calling (800) 328-0893. Your PIN is needed to access BEST. The first time you access the automated system, your PIN will be a four-digit number equivalent to your month and year of birth, for example, June 1960

will be 0660. The system will then require you to change your PIN to a six-digit number of your choice. The six-digit PIN will continue to be your PIN until you change it. Once you have cleared the PIN and telephone-verification modules, you will press 1 for Federal Employees Health Benefits. If you need to speak to a benefits counselor, you can press “0”, and you will be transferred to a counselor during normal business hours. Counselors are available 7 a.m.–5 p.m. Monday-Friday.

There will also be a Health Care Fair 8-11 a.m. Nov. 21 in the Civilian Personnel Training Room, Building 662, Room 237. Carrier representatives will be present to answer questions. If you wish to attend, there is no charge to leave, but your absence must be for a reasonable length of time and approved in advance by your supervisor.

Air Force aviation pioneers relive past four decades

Staff Sgt. Stacey McCausland
*Air Force Flight Test Center
public affairs*

EDWARDS AIR FORCE BASE, Calif. (AFPN) — Two of the Air Force’s most famous heroes delighted overflowing crowds with tales of years past at Edwards AFB’s recent open house.

Retired Maj. Gen. Joe Engle and retired Brig. Gen. Charles “Chuck” Yeager sat down with David Hartman, former host of “Good Morning America,” to discuss their roles in aviation history and several of their personal experiences together.

Their reminiscing offered visitors a glimpse into the close bond they shared as Hartman, a long-time friend of the two generals, led these aviation legends through a brief excerpt of the last four decades. Before their talk, the two Air Force luminaries broke the sound barrier in a pair of F-15 Eagles to begin the open house with a bang.

When Hartman asked the two pilots how they met, Engle told of his desire as a young officer to serve with Yeager in the late 1950s.

“I felt like I was really someone when I got to fly with Colonel Yeager at that time,” Engle said.

Engle, who is the only pilot to have flown both the X-15 and the space shuttle into space, also described one of his celestial flights back to Edwards AFB.

“I flew (the shuttle) manually from orbit and heard my friends in the tower say ‘Columbia, you’re number one and cleared to land.’ But because they weren’t supposed to be on the net, the Houston NASA flight controllers were a little uptight about tower being on the

net.”
However, he said with a wry smile, “I told (Houston) I didn’t hear anything.”

With respect to Edwards AFB, Hartman asked Yeager why the base was — and still is — a great site for testing aircraft.

Yeager quickly responded, “Two things: Roger’s dry lakebed and the weather. We had a lot of problems with engines in the beginning (of testing Air Force aircraft). The lakebed saved us numerous times.”

As a young captain, Yeager — because of his extraordinary precision-flying skills and his remarkable ability to remain calm and focused in even the tightest situations — was chosen by Air Force leadership to make an assault on the sound barrier. No one had successfully flown beyond 0.85 Mach and there were still many who believed the sound barrier was, quite literally, an impenetrable wall.

When describing his first powered flight in the Bell X-1 on Aug. 27, 1947, when he faced a lot of unknowns, Yeager told an attentive crowd, “He (Col. Albert Boyd) didn’t tell me not to go to .85 Mach — he just said to go to .82 Mach. When he asked me to fly Mach 1, he said ‘bust your butt and don’t embarrass the Air Force.’”

Yeager and Engle, both dressed in flight suits and caps, would often lean together to exchange a quick word or two while Hartman prepared to lead them in another direction of questions.

As Yeager entertained the crowd with one story after another, Hartman tried to steer him back on track.

“Leave me alone, I’m getting there,” Yeager said.

Hartman said, “Well, you’re slowing down.”

Yeager replied, “I’m not senile yet.”
Their personal stories included an eventful bear-hunting trip in a friend’s convertible; a horseback ride that ended up with Yeager in the dust with two broken ribs; a bobsledding trip in which the two finished without a sled; and numerous camping treks into the mountains.

Hartman said, “You hunted together, fished together, went to the High Sierras together and you’re as good at that as you are at flying airplanes.”

Yeager agreed but acknowledged, “We’d need a resupply of food after two or three weeks, and in the Sierras it’s illegal to drop off food in the park — we used to make arrangements with a cropper.”

“The pilot, Corky, would have fun watching us chase the pork and beans around. One time he made a mistake and dropped a box of steaks off in the wrong canyon — from then on, every time he’d fly over, the bears would wave him over.”

The standing-room-only crowd was obviously excited about being able to watch the two generals in action.

Jack Stewart, from nearby California City, said, “It was a wonderful opportunity to listen to their experiences and hear the role that Edwards played in aviation.”

Robert Jewett, a former Edwards resident, added, “Seeing Chuck Yeager and Joe Engle was really a treat. To have (Yeager) break the sound barrier again and hear him talk was one of the reasons I came back.”



Staff. Sgt. Stacey McCausland

Former “Good Morning America” host David Hartman, left, retired Brig. Gen. Chuck Yeager, center, and retired Maj. Gen. Joe Engle shared a laugh while they discussed their role in aviation history recently at Edwards AFB, Calif.

**Your link
to what's going on**

Gulf Guide

**in the
Tyndall community**

NOVEMBER

FRI 10

Dining out

Tickets are now on sale for Team Tyndall's Dining out Nov. 18 at the Pelican Reef Enlisted Club. The Dining out is a formal dinner for military, nonmilitary spouses, friends and civilians. Military members must wear the mess dress or the semi-formal uniform. Cost: E-1 through E-4, \$15; E-5 through E-6, \$18; E-7 through O-4, \$22; O-5 and above, \$25. The surcharge for non-club members is \$3. Limited seating will be available. For tickets or more information, see your first sergeant.

AAFES holiday hours

The following Army and Air Force Exchange Service facilities are open at the following times today in observance of Veterans Day. Main store, 10 a.m.-5 p.m.; service station, 10 a.m.-5 p.m.; Shoal Point Shoppette, 11 a.m.-6 p.m.; Felix Lake Shoppette, 6 a.m.-9 p.m.; class six and shoppette, 10 a.m.-5 p.m.; Wok Works, 10:30 a.m.-4 p.m.

Commissary hours

The commissary will be open 9 a.m.-6 p.m. today.

SAT 11

"Celebrate Downtown Festival"

The Greater Downtown Association and the Downtown Improvement Board's "Celebrate Downtown Festival" will be Saturday. Six city blocks will be closed to traffic. In addition to vendor sales, the festival will host a variety of events, including a Veterans Day parade with an F-15 fly-over, children's festival, barbecue and chili cook-off, music, antique auction, wine tasting, motorcycle, car and boat shows and arts and crafts. For more information, call the Emerald Coast Events Commission, 784-9542.

MON 13

Anger-management workshop

The three-session anger-management workshop will continue 1-3 p.m. Monday and Nov. 20 in the family advocacy conference room. The course will include recognizing and identifying the causes of anger and developing effective anger-management strategies. For more information, call family advocacy, 283-7272.

TUE 14

Couples' communication class

The four-session couples' communication class will continue 3-5 p.m. Tuesday, Nov. 21 and 28 in the family advocacy conference room. The class will focus on helping couples learn better ways to communicate, solve problems and have fun together. For more information about this and other family-oriented classes, call family advocacy, 283-7272.

Wise-use-of-credit class

A free, brown-bag-lunch class focusing on the wise use of credit will be 11 a.m.-12:30 p.m. Tuesday in the family support center classroom. For more information or reservations, call the family support center, 283-4204.

WED 15

Parenthood-preparation course

The four-session parenthood-preparation course will continue 3-5 p.m. Wednesday and Nov. 29 in the family advocacy conference room. The class will cover basic infant care and development, care of a sick infant and how to cope with a crying baby. For more information or to register, call family advocacy, 283-7272.

Stress-management workshop

The three-session stress-management workshop will continue 1-3 p.m. Wednesday in the family advocacy conference room. The course will include identifying the symptoms and causes of stress and developing an effective stress-management plan. For more information, call family advocacy, 283-7272.

FRI 17

'Stress in the Workplace'

Family advocacy's Friday Forum class "Stress in the Work Place: A Supervisor's Perspective" will be 11 a.m.-12:30 p.m. Nov. 17 in the health and wellness center Room 104. The class is for adults serving in a supervisory capacity and will discuss the definition and identification of stress in the work environment and the supervisor's role in stress management. For more information or reservations, call family advocacy, 283-7272.

NOTES

Saudi Arabia mail restrictions

Anyone planning to mail items to family members deployed in Saudi Arabia should be advised that the Saudi Arabia customs officials who screen all incoming U.S. mail are confiscating any Santa Claus-related items, including gift wrapping. Items that are confiscated are not returned.

Free childcare for newcomers

Free childcare is available for spouses wishing to attend newcomers' orientations. The childcare is provided at the child development center and is sponsored by the Tyndall Officers' Wives Club. For more information, call the relocation assistance program office, 283-4204.

Air National Guard openings

Immediate part-time Air National Guard positions are available throughout the country. Numerous states offer tuition assistance, and the Air Guard also offers a program that can add an additional \$350 per month to the basic program for members meeting eligibility criteria. For more information, call Master Sgt. John Iorio, DSN 579-2729 or e-

mail at: john.iorio@hurlburt.af.mil.

Mandatory anti-terrorism briefings

Mandatory Air Force Level 1 anti-terrorism briefings conducted by the Air Force Office of Special Investigations will be 8 a.m. the first and third Thursday of each month beginning Dec. 7 in Building 656 next door to the Security Forces building. For more information, call AFOSI Detachment 419 Counterintelligence Program Manager, Special Agent Doug Hartwell, 283-3261 or 283-3262.

FSU office

The new Florida State University on-base office is now open 1-3:30 p.m. Mondays and Wednesdays in Room 30 of the education center. In addition, Bob Shaw will be available 3-4 p.m. every Tuesday in Room 30 to talk with students about the bachelor's degree program in information studies.

RETIREE NEWS

TRICARE for life

On Oct. 30, the President signed into law the Fiscal 2001 Defense Authorization Act, which included the Warner-Hutchinson TRICARE for Life amendment. Effective Oct. 1, 2001, Medicare-eligible retirees, spouses and survivors will be covered. In order to participate, however, beneficiaries must be eligible for Medicare Part A and enrolled in Medicare Part B.

Anyone who did not elect Part B coverage under Medicare may enroll in the program only during the general enrollment period from Jan. 1 through March 31. If enrolling in Part B during January-March 2001, B benefits will begin on July 1, 2001. In this case, TRICARE for Life benefits would begin in October 2001. To enroll in Medicare Part B, visit your local Social Security office.

With TRICARE as secondary payer to Medicare, TRICARE will pay the full Medicare co-payment. The only time a Medicare-eligible TRICARE beneficiary would have co-payments would be for services not covered by Medicare. Under these conditions, beneficiaries would have no need to buy Medigap insurance, since TRICARE will pay all co-payments and deductibles. Beneficiaries currently holding Medigap policies are strongly encouraged not to drop the coverage until TRICARE for Life becomes operational Oct. 1, 2001.

The TRICARE for Life prescription drug benefit makes available to Medicare-eligible retirees TRICARE's retail and mail-order pharmacy programs under a new program called TRICARE Senior Pharmacy Program. "Space available" drugs at military pharmacies will remain an option. Eligible beneficiaries will be able to use TRICARE network pharmacies (most national drugstores) and pay the standard 20 percent co-pay for a 30-day supply. When non-network pharmacies are used, the co-pay is 25 percent plus an annual deductible of \$150 per year. The co-pay for the National Mail Order Pharmacy is \$8 per prescription for a 90-day supply. Not confirmed, but expected, is that the TSPP will become effective April 1, 2001. The law does not require an annual enrollment fee, premiums or deductibles for TRICARE for Life.

YARD SALES

The following yard sales are scheduled for Saturday: 3405-A Smith St. and 2975-B Starfighter Ave. All yard sales are held between 8 a.m.-4 p.m.

BASE THEATER

Today: "Urban Legends: Final Cut" (R, violence, gore, language and some sexuality, 94 min.)

Saturday: "Urban Legends: Final Cut"

Sunday: "Nurse Betty" (R, strong violence, pervasive language and sexuality, 112 min.)

Thursday: "Nurse Betty"

Air Force members need to use the LINK to suicide prevention

Maj. Juanita M. Celie
Air Education and Training Command behavioral health

RANDOLPH AIR FORCE BASE, Texas (AETCNS) — The number of Air Force members who have committed suicide has increased from 20 in 1999 to 22 so far this year. Additionally, the Air Education and Training Command portion of those numbers has increased from three in 1999 to four this year.

What can we do to help address this regrettable situation of losing family, friends and valuable members of our Air Force team? The best place to start is by focusing on our ongoing and comprehensive preventative services.

What is suicide prevention? Prevention takes many forms and encompasses more than our annual suicide-prevention briefings.

Prevention is when commanders allow members time off so they can attend parenting classes. Prevention is when a unit asks the critical incident stress management team to help it deal with significant traumatic events such as deaths of unit members or aircraft accidents.

Prevention is when a supervisor notes concerns about a person’s alcohol usage and recommends an alcohol assessment. Prevention is when first-time parents, who are often separated from their extended families, seek assistance from the new-parent support team.

As members of the AETC community, we can play an active role in suicide prevention by following an easy-to-understand acronym, LINK:

- Look for preventative services.
- Inquire about these services.
- Note availability of services.
- Know when to refer and where to refer.

Suicide-prevention services are available in all AETC base medical facilities and are available for anyone who may be experiencing emotional pain over numerous issues including depression, relationship difficulties, substance abuse and financial concerns. Preventative services are most effective when individuals first experience concerns, before situations grow into crises.

Preventative services include stress management, anger management, parenting, couple’s communication and other life skills classes. These classes help build and maintain emotional strength and improve a person’s quality of life.

Contact your local family advocacy office, family support group, mental health department or chaplains for more information on these programs and other suicide-prevention programs at your base. Remember LINK — we can all make a difference.

Spotlight



2nd Lt. Chuck Lee

Airman 1st Class Virginia K. Boak

Squadron: 325th Operations Support Squadron

Job title: Operations resource manager

Years at Tyndall: One

Hometown: Marinette, Wis.

Why did you join the Air Force: My mother and father are both retired Air Force and my brother is in the Air National Guard — so it’s in the family.

Most exciting facet of your job: Meeting new people.

Short-term goals: Finish school and get my degree.

Long-term goals: Become an officer.

Favorite book: “The Giver”

Favorite movie: “Gattaca”

Hobbies and off-duty activities: Coin-collecting, reading, squadron activities and working on the honor guard.

Tyndall shifts into high gear for ORI preparation

Courtesy of the 325th Fighter Wing Operational Readiness Inspection preparation office

Team Tyndall just received official notification in writing from the Headquarters, Air Education and Training Command Inspector General’s office of their plan to inspect the 325th Fighter Wing Jan. 22-30.

This represents a shift in our efforts from lots of smart initiatives to prepare us in a general way, to a focus on exactly what AETC needs from us to support their inspection effort.

The “90-day message” and its attachments will generate many taskings for Team Tyndall to forward documents for review

and set up the IG work centers to meet AETC’s needs.

AETC also shifted gears last week, inspecting the 12th Fighter Training Wing at Randolph AFB Texas, using a streamlined team and for a shorter duration.

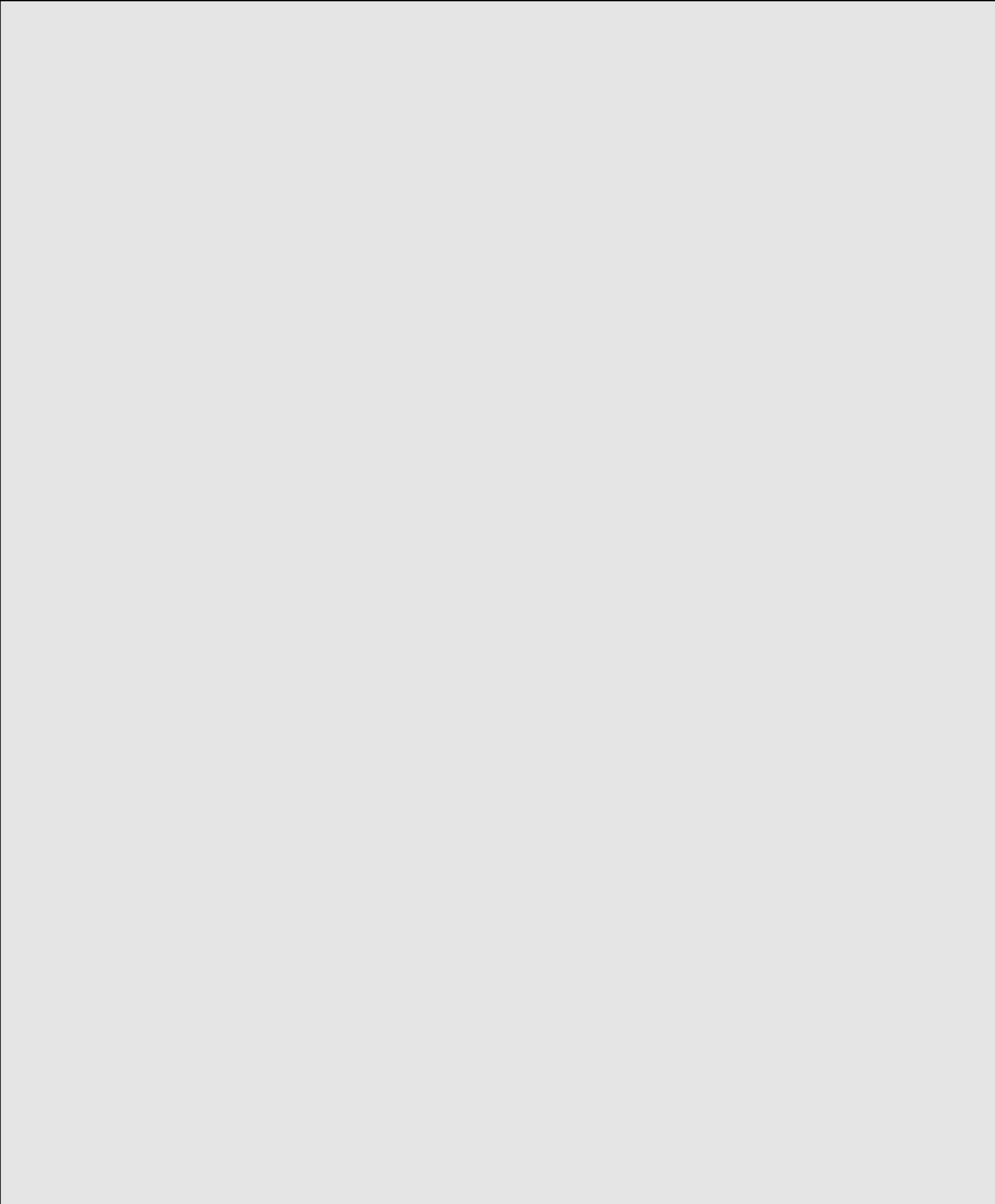
Tyndall had 20 observers there who are now forwarding trip reports with valuable insight into how the IG will look at us.



Lisa Carroll

Looking to the future...

1st Lt. Dawn Drinkwine, a Tinker AFB, Okla. air weapons officer, left, re-enlists Tech. Sgt. Linda L. Gore, 325th Communications Squadron administrative communications and postal chief on Tyndall’s flightline Nov. 2.



Sports and Fitness

Intramural flag football standings

Large squadron

Team	Wins	Losses	GB
95 FS 1	9	0	—
OSS	6	1	2
TRS	8	2	1.5
CES	6	2	2.5
COMM	5	4	4
SEADS	3	4	5
MSS	3	5	5.5
1 FS	2	6	6.5
MDG	2	6	6.5
95 FS 2	1	8	8
2 FS	1	8	8

Small squadron

Team	Wins	Losses	GB
SFS	8	2	—
MXS	7	3	1.0
83 FWS	7	3	1.0
CONS	4	6	4.0
Army	3	7	5
82 ATRS	1	9	7

Intramural golf standings

Squadron	Points
CONR 1	62.5
TRS	60.5
CES	58
AFCESA	53.5
SVS	49.5
MXS	46
SEADS	44
MSS	39
LSS 1	39
Test 1	26.5
RHS	25
CONR 2	23
81 TSS	22.5
COMM	18
CONR 3	17
372 TRS	11
LSS 2	4.5



Know the rules? Be a ref.

Intramural basketball officials are needed for refereeing games at Tyndall and the Naval Coastal Systems Station beginning in mid-November. For more information, call Jeff Julian, 785-6403.



HAWC offers tips on how to reduce cholesterol

Courtesy of the Tyndall Health and Wellness Center

We all know that having a high cholesterol level is not a good thing, but what can you do to lower your numbers? Since your liver can make all the cholesterol that your body needs, it makes sense to lower the amount you put into your body. The following are some steps people can take to reduce cholesterol levels.

Reduce cholesterol in your diet

- Substitute egg whites for half the eggs in a recipe or use egg substitutes.
- Eat low-fat or nonfat dairy products.
- Substitute other protein sources, such as beans, lentils and split peas, for some meat dishes.
- Eat meats and poultry sparingly.

Reduce the saturated fat in your diet

Saturated fats cause the body to make more of the harmful cholesterol: low-density lipoproteins, or LDL. Saturated fats include those in butter, dairy products, lard, firm margarines and any animal fat. Other saturated fats include palm oil, palm kernel oil and coconut oil found in many baked goods.

- When cooking, replace butter and lard with olive oil, canola oil or other oils that are liquid at room temperature.
- Use soft tub margarines or squeeze-bottle margarines in place of stick margarines and butter.
- Substitute unsweetened cocoa powder for unsweetened chocolate squares in baking (three tablespoons cocoa for each square).

Cut back on all fats

In addition to restricting cholesterol and saturated fat, you

can lower your blood cholesterol by reducing the total amount of fat you eat from all sources.

- Trim visible fat from meats and skin from poultry.
- Broil, steam or poach foods to avoid having to add extra fat when cooking.
- Choose leaner cuts of meat (“select” rather than “prime” beef).
- Use nonstick sprays in place of butter or oil in baking pans.
- Use smaller amounts of meat than recipes call for.

Add soluble fiber

Some evidence indicates that soluble fiber, such as that in oatmeal, beans, many vegetables and certain fruits, can help lower LDL cholesterol in the blood. This fiber aids in maintaining weight control and regular bowel function, and can reduce your risk of colon cancer and heart disease. Add fiber gradually to your diet and always include plenty of fluids.

Shop smart — read labels

- When you shop, read the nutrition labels and choose foods that are low in cholesterol and saturated fat and high in fiber.
- Try to buy foods that have no more than 10 percent of their calories from saturated fat. To determine the number of saturated fat calories, multiply the grams of saturated fat by 9. To determine the percentage of saturated fat calories, divide the calories from saturated fat by the total calories and multiply by 100.

The health and wellness center offers a monthly cooking demonstration and other nutrition programs where you can learn more about lowering the fat content in foods. For more information, call the HAWC, 283-3826.

Tyndall classifieds

•1993 Bayliner Capri 1850, new interior upholstery, wood framing, carpet and mooring covers. Ship to shore radio, \$7,900 OBO. Call 286-2932.

Place an ad,
make a deal

Capt. Vince Williams

health promotions flight commander

The “Great American Smokeout” is sponsored each year by the American Cancer Society and is held the third Thursday of November. This year it will be held Nov. 16. It provides an opportunity for everyone to tactfully encourage tobacco users to quit. Non-tobacco users are encouraged to “adopt” a tobacco user for the day and encourage their abstinence from tobacco products for a 24-hour period and to use this time as a starting point to finally quitting. Tobacco users who don’t get adopted or refuse to be adopted can still participate by decreasing the number of cigarettes they smoke or smoking only half of the cigarette every time they light up. Smokeless tobacco users can cut the number of dips in a typical day or decrease the size of the dip by half. Giving up tobacco is an extremely difficult thing to do. The intent of the Smokeout is to encourage all tobacco users in a positive way to adopt a tobacco-free lifestyle. Kicking the tobacco habit is the single most important step that can be taken to help prevent life threatening heart and lung disease and cancer. It will also decrease the number of second-hand smoke related illnesses such as asthma, upper respiratory infections and ear infections in children and other family members. Present statistics taken from the cycle ergometry survey shows 33 percent of active-duty members at Tyndall use tobacco products. With the big push towards a “tobacco-free” Air Force, these tobacco users need to be changing their lifestyle. Tobacco users who are ready to quit should sign up for tobacco cessation classes at the health and wellness center. Our “Quit Smart” tobacco-cessation program currently has three-month success ratings of 55 percent and six-month success ratings of 35 percent. These are significantly higher than the 20-25 percent national average. To sign up, individuals need to fill out a registration form at the HAWC. We offer two classes each month. Each class consists of four one-hour sessions during a four-week period. Strategies for dealing with a physical and psychological addiction to nicotine are provided. We have also incorporated a stress-management segment taught by behavioral sciences as well as a nutrition segment taught by nutrition medicine. Zyban and nicotine patches are provided for class participants who are health-care beneficiaries. Civilian employees and veterans affairs beneficiaries will be provided with a prescription to purchase the medications. For more information, call the HAWC, 283-3826.

‘Great American Smokeout’

great time to quit smoking

Tyndall’s chapel schedule

Protestant

Communion Service: 9:30 a.m. Chapel 1

General Protestant Service: 11 a.m. Chapel 2

Sunday school: 9:30 a.m.

Kids’ Club: 2:45-5:45 p.m. Wednesday

Catholic

Daily Mass: noon Monday through Friday, Chapel 2;

Reconciliation: 4 p.m. Saturday

Mass: 5 p.m. Saturday, Chapel 2

Mass: 9:30 a.m. Sunday, Chapel 2

Religious education: 10:50 a.m. Sunday

Chapel 2: 283-2925

Other faith groups: Call 283-2925


Tyndall Pride

Footwear will be shined
and in good repair.

— AFI 36-2903.

There’s only one way
to come out ahead
of the pack.

QUIT



American Heart
Association
WE’RE FIGHTING FOR
YOUR LIFE